

Activities and More

CRYSTAL FRIENDSHIP CENTER

We offer a variety of programming opportunities, a large gathering room, a book and puzzle library, and a billiards room. The Crystal Friendship Center is open to all individuals age 55 and better for a **yearly fee of \$12 for Crystal residents and \$19 for non-residents**, which allows the member to: participate in and receive discounts for select center activities and receive the *Prime Time News* – a quarterly newsletter. **Note the *Prime Time News* may be purchased at the Crystal Community Center front desk for 50¢ a copy for non-members.**

CRYSTAL FRIENDSHIP CENTER HOURS

Monday– Wednesday	10:00 am- 9:00 pm
Thursday	10:00 am– 4:30 pm
Friday	10:00 am– 4:30 pm
Saturday Tournaments	11:00 am– 4:30 pm

MINNESOTA ROOM PHONE NUMBER

763-531-1182

WEEKLY FRIENDSHIP CENTER GROUPS

We welcome you to join our many card groups that meet throughout the week. After the second day as a visitor, a membership card is required. Entry fee to weekly games is 50¢ unless otherwise noted. Come early if you do not have a partner to make arrangements for a place at a table. Limit of 33 tables.

DAY GAMES–

Duplicate BridgeMonday-12:00 pm

No cards: September 7– meet Tuesday, September 8

Open Play Day.....Tuesday-12:00 pm

500Wednesday– 12:30 pm

No cards: November 11

WhistThursday-12:30 pm

No cards: November 26, December 24

Party BridgeFriday– 12:00 pm

No cards: November 27, December 25

EVENING GAMES–

500Monday– 6:30 pm

(entry fee: 25¢)

No cards: September 7

Whist and Cribbage....Tuesday– 6:30 pm

Hand and Foot.....Wednesday– 5:30 pm

No cards: November 11

Open Play Night.....Thursday— 6:30 pm

No cards: November 26, December 24, 31



SATURDAY CARD TOURNAMENTS

Tournaments are held in the Minnesota Room. A partner is required to play in the tournament; however, a Crystal Friendship membership is not necessary to participate. Payment is taken when both partners are present. Limit of 33 tables.

500 (\$1.50 entry fee)-**12:30 pm**..... September 5, October 3, November 7, (no tournament in December)

Whist (\$3 entry fee)-**12:30 pm**.....September 12, October 10, November 14, December 12

Duplicate Bridge (\$2 entry fee)-**12:00 pm**...September 19, October 17, November 21, December 19

Bridge (\$2 entry fee)-**12:00 pm**.....September 26, October 24, November 28, December 26



NEW! “HAND AND FOOT”

Hand and Foot is a North American game related to canasta. Each player is dealt two sets of cards using one as the “hand” and one as the “foot. There are numerous variations of the game. If you already know how to play the game or are interested in learning Hand and Foot, please come to the Crystal Community Center on Wednesdays from 5:30-8:30pm.



NEW! “OPEN GAME DAY” & “OPEN GAME NIGHT”

Crystal Community Center is hosting an **OPEN GAME DAY** on Tuesday afternoons from 12:00-4:00pm **AND** an **OPEN GAME NIGHT** on Thursday nights from 6:30-9:00 pm. Any game can be played! Some of the featured games are Yahtzee, Dominoes, Farkle, Hand and Foot, Cribbage, Whist and more! If you'd like to stop by and learn any of the games OR start a new game, this is a great chance to do so. It's very informal, as you can come when you're available. Bring a friend and join in on the fun! Drop in anytime!



Adult/Senior Activities

Call the Crystal Recreation Department at 763-531-0052 to register for classes. The Crystal Community Center is located at 4800 Douglas Drive North, Crystal, MN 55429.

MHSC DRIVER IMPROVEMENT PROGRAM (8-HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. The class will explore changes in laws, the latest in vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. The classroom sessions are eight hours in length. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Session 1 register by September 9; Session 2 register by October 11.

Session 1: Saturday, September 198:30 am-4:30 pm

Session 2: Wed & Th, October 21& 22....5:30-9:30 pm

Location: Crystal Community Center

Fee: \$24



MHSC DRIVER IMPROVEMENT PROGRAM (4-HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. This refresher class is 4 hours. Register by September 3, October 1, November 5, November 27.

Monday, September 14.....5:30-9:30 pm

Monday, October 12.....5:30-9:30 pm

Monday, November 16.....5:30-9:30 pm

Monday, December 7.....5:30-9:30 pm

Location: Crystal Community Center

Fee: \$20



AARP DRIVER'S SAFETY PROGRAM REFRESHER COURSE (4-HOUR CLASS)

Do you want to receive up to a 10% discount on your car insurance for the next three years? You must have completed an eight-hour class in order to register for this four-hour, state-approved refresher course. While no driving or testing is necessary, attendance is required for credit and certificate. To receive the AARP membership discount, you must register at the front desk during regular office hours with proof of your membership. Friendship Center members will receive Crystal resident rates. Register one week prior to the class start date.

Thursday, September 109:00 am-1:00 pm

Thursday, October 159:00 am-1:00 pm

Thursday, November 129:00 am-1:00 pm

Thursday, December 109:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$17 residents with AARP membership

\$22 residents without AARP membership

\$19 non-residents with AARP membership

\$24 non-residents without AARP membership



OSHER

LIFELONG LEARNING INSTITUTE

The Osher Lifelong Learning Institute (OLLI), an affiliated program of the University of Minnesota College of Continuing Education, presents these classes.

Registration is limited. Registration Deadline: ten days before class begins. Classes held at Crystal Community Center. Fee: FREE for Friendship Center members and Crystal residents. Call 763-531-0052 to register.



"THE TRIAL OF SOCRATES, PIETY AND OBEDIENCE TO THE LAWS"

Mondays, September 21–November 9...10:00-11:30 am

The voyage started two years ago with readings of Plato's "Apology" then the "Republic" (an expanded defense of Socrates) the "Symposium" and the "Phaedrus" and the "Gorgias" which addressed the issues of eros, immoderation and persuasion. In the fall we will return to the Apology, and supplement it with the more accessible discussions of piety and obedience to the law in the "Euthyphro" and the "Crito." Michael Ormand taught political philosophy at California State Long Beach from 1967-1974. After receiving a law degree from the U of M in 1978, he practiced family law until his retirement in 2011.

"CURRENT ECONOMIC AND BEHAVIORAL ISSUES"

Wednesdays, September 23–November 4..10:00-11:30 am

This course will follow current macroeconomic issues as the economy still struggles to overcome the downdraft from the Great Recession. It will look at the big picture and use video and internet downloads. There will be a particular focus on income and wealth distribution, drawing on the theories of Robert Reich and Thomas Piketty. In addition, behavioral economics will be introduced with the work of Daniel Kahneman, Daniel Ariely, and Richard Thaler. The implications of behavior on economics will also be addressed. Instructor is Don Renner.

JOY OF PAINTING® THE BOB ROSS® METHOD

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush.

Classes are especially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours you will bring home a fall scene in October and a winter scene in November ready to frame. Taught by certified instructor, Kittie Swanson. Call Golden Valley Parks and Recreation at 763-512-2340 to register for Session 1 by October 2 and Session 2 by November 6. Includes all materials.



Location: Brookview Community Center, Golden Valley
Saturday, October 11 OR November 8, 1:00-4:30 pm
Fee: \$60 Crystal and Golden Valley residents and Friendship Center Members; \$65 non-residents

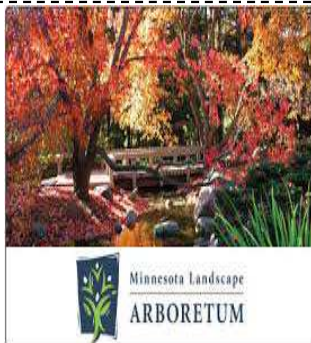
COMMUNITY TRIPSTERS



Enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored with the cities of Brooklyn Center and New Hope with pick-ups in each city. The cost of each trip is all-inclusive for the entire day including transportation, tours, escort, tax and gratuity unless otherwise indicated. For more detailed information stop by the Crystal Community Center and pick up a flier today.

ARBORETUM IN THE FALL

Enjoy lunch at Lord Fletcher's Old Lake Lodge overlooking Lake Minnetonka. A lunch of grilled chicken breast with au gratin potatoes, seasonal vegetable, salad, bread and coffee or tea will be served. Apples will be available for purchase grown at the Arboretum orchards. Arrive at the MN Landscape Arboretum, established in 1958. The Arboretum includes over 1,000 acres of rolling terrain. Enjoy the grounds and visit the gift shop. End the day by boarding the Trumpet Creeper Tram for a narrated riding tour of the gardens and woodlands, highlighting the many collections, display and demonstration gardens. Register by August 31.



Tuesday, September 1510:30 am-4:45pm
Fee: \$66

INTO THE WOODS

Arrive at Cabin Ridge Rides in Cadott, WI, and board an accessible horse drawn wagon. Upon reaching the cabin, you will be treated to a delicious meal in the gas lit lodge of Cabin Ridge. Menu: Hot Beef Stew with potatoes, meat and vegetables, corn bread, beverage, and dessert. Learn about 200 years of family history along the creek, and enjoy some folk music by a local musician. Leave for the Autumn Harvest Winery and Orchard. Sample a variety of products including wines and apples. Register by October 5.



Tuesday, October 208:45 am-5:00 pm
Fee: \$55

IT'S NIFTY FIFTY DAY AT ST. CROIX CASINO

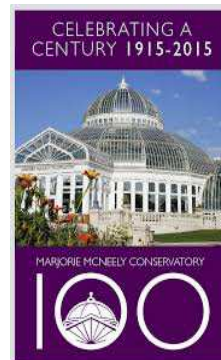
If you're 50 or older and have a TLC card, you can be one of the "nifty-fifty" with the extra perks for the day! Receive \$5 on your player's card for riding the bus, plus each "nifty fifty" will swipe their TLC card at a kiosk for an extra \$5-\$50 on their card to spend on the machines. If you don't have a TLC card and would like one, tell us when you register; the card is the only way you have to redeem the "comp" money. The information will be forwarded to the casino and your card will be waiting for you. Minimum of 40 people. Register by October 26.



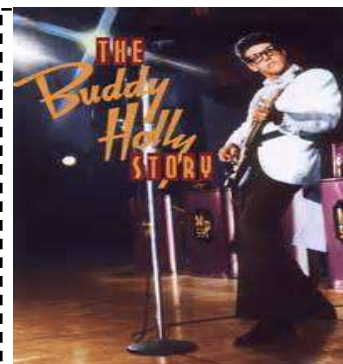
Wednesday, November 48:45 am-5:15pm
Fee: \$6

COMO CONSERVATORY 100th ANNIVERSARY TOUR

Celebrate a Century at the Marjorie McNeely Conservatory at Como Park with a guided tour through some of the gardens and a behind the scenes tour in the greenhouse! After the tour you will have time to explore the conservatory gardens and the fall flower show on your own. Enjoy lunch at Public Kitchen + Bar; in St. Paul's Lowertown overlooking Mears Park. Choose from the lunch menu of: 1. Pork Tenderloin with squash puree & braised apples 2. Noyes & Cutler Burger with bourbon glazed bacon, white cheddar cheese and garlic aioli 3. Mixed Greens Salad & Home-Made Tomato Basil Soup. Meal is served with dessert, water, ice tea or coffee. Register by November 4.



Thursday, November 199:10 am-2:45 pm
Fee: \$66



THE BUDDY HOLLY STORY (HISTORY THEATRE)

Spend the HOLLY-days at the History Theatre to see the award winning production of Buddy – The Buddy Holly Story. art biography, part rock 'n' roll concert, his musical is a celebration of the life and music of Buddy Holly. Buddy crossed racial barriers with his music and left an indelible legacy in just four short years. Hear his hit songs including "Peggy Sue," "Oh Boy!," "Rave On", and "That'll Be the Day." After the show we'll have lunch at Key's Cafe in St. Paul. Menu: Turkey Dinner with Mashed Potatoes, Gravy, Stuffing, Vegetable, Cranberries, bread, beverage and dessert. Register by November 2.

Thursday, December 38:45am-2:45 pm
Fee: \$66

Senior Activities

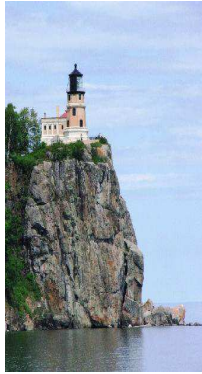
"LOCAL AUTHOR SERIES"- Sponsored by Brookdale Healthcare Services

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and Robbinsdale Area Schools are offering a new "Local Author Series." The fee is \$3.00 for the presentation and includes refreshments. Call 763-531-0052 to make your reservation. Thanks to our sponsor, **BROOKDALE HEALTHCARE SERVICES!**

"THE LAST KEEPER AT SPLITROCK LIGHTHOUSE"

Author: Mike Roberts
Wednesday, October 14
7:00-8:30 pm

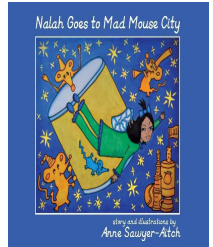
In 1969, Mike Roberts turned off the light at Split Rock Lighthouse when he was the last duty officer to serve at the iconic landmark. Hear the stories of life at Split Rock, of Lake Superior and of making ends meet on the North Shore. Mike will also share stories about his years working for the U.S. Coast Guard. Register by October 9.



"NALAH & THE PINK TIGER" "NALAH GOES TO MAD HOUSE CITY"

Author: Anne Sawyer-Aitch
Thursday, December 3
6:30-7:15 pm

Nalah and the Pink Tiger was inspired by Anne's lively little niece. Sawyer-Aitch wrote the story over two years ago, then developed a style which she calls Illuminated Illustration, featuring multiple layers, cut-outs, and backlighting. Anne has also created and produced puppet shows that go with her books. Bring your grandchildren and stay for the **free Holiday Concert** at 7:30-8:30 pm featuring the Robbinsdale City Band! Register by November 30.



MAH JONGG CLASSES

Tuesdays, September 8, 15, 22, 29
1:00-3:00 pm

Mah Jongg is a game that originated in China. It is commonly played by four players. The class will consist of learning the tiles, rules, and how to put together hands (based on distributed cards). Tiles are provided. Register by September 1.

FEE: \$20 for four classes



BRIDGE LESSONS

Mondays (ongoing starting September 14)
3:30-5:30 pm

Crystal Community Center
FREE!

Call 763-531-0052 to Register

Interested in learning how to play Bridge or brushing up on your skills? Come join us!

SPECIAL INTEREST GROUPS

BOOK DISCUSSION GROUP

The Book Discussion group is for you if you like to read and then talk to someone else about the book. The group meets the first Tuesday of the month at the Robbinsdale City Hall from 1:00 to 2:30 pm. Join us anytime – new people are welcome. Fee: \$2 or \$10 for one year membership.



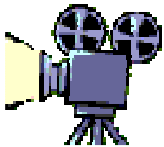
MOVIE DISCUSSION SERIES

Join us on Thursdays at 9:30 am in the Robbinsdale Safety Building, 4101 Hubbard N (lower level). Watch a movie on the big projection screen with surround sound, and discuss the movie afterwards.

Fee: \$1

ROVING MINDS

This program is dedicated to the idea that learning is a lifelong process. We meet on the third Tuesday of the month at Robbinsdale City Hall from 1:00 to 3:00 pm. Fee: \$2 or \$10 for one year membership.



FOR MORE INFORMATION CALL 763-531-1272

55+ Programs

DONUT MAKE YOU WONDER?

Join us on the third Wednesday of the month at **10:00-11:30 am** for informative programs, coffee, and donuts. The program is held at the Crystal Community Center. The **\$2 fee** is payable at the door, but you must register at least three days in advance so there are enough donuts for everyone. Call 763-531-0052 to register for this educational opportunity.



"BOOKS & A WHOLE LOT MORE!"

Books and a whole lot more! Hennepin County Library staff will introduce you to some of the many library services available to seniors, and take you on a guided tour of the library's redesigned website. Learn how to access and download free e-books, and get some ideas for your next great book to read, whether it's on the printed page or on an e-reader, tablet or smartphone. Register by September 11.



Wednesday, September 16.....10:00-11:30 am

"IF HEARING IS BELIEVING, THEN I DON'T KNOW WHAT TO BELIEVE LATELY!"

Do you ever wonder how your ears and hearing work? What causes hearing loss? How is it connected to aging, dementia or other issues? If you need hearing aids, what should you know to make the right decisions? How can you help parents with the process? Jerri McMahon has practiced in hearing health care for more than 30 years and she's joined by John Ottman, from the Miracle-Ear clinic in Crystal. Register by October 16.

Wednesday, October 21.....10:00-11:30 am

"REMEMBERING VIETNAM: THE GOOD, THE BAD, AND THE UGLY"

Beyond the Yellow Ribbon (BTYR) Quad Communities, is a nonprofit organization providing assistance to military veterans and their families in Crystal, Robbinsdale, New Hope, and Golden Valley. The program is presented with the 50th Anniversary commemoration of the Vietnam War by the Department of Defense and Veteran's Day. The presentation will be moderated by Marshall Tanick, President of the BTYR and a Golden Valley attorney. Panelists include a military combat veteran, military nurse, native Vietnamese, anti-war (peace) advocate, and a TV journalist who covered the War. Register by November 13.



Wednesday, November 18.....10:00-11:30 am

55+ FITNESS

BABY BOOMERS & BEYOND BODY & BALANCE WORKOUTS

Workouts emphasize general fitness and balance at your level! Nancy Stoneberg, certified personal trainer and owner of StoneFitness has dedicated much time in training and educating 55+ and helping them realize that it's never too late to make a positive difference in strength, balance and overall wellness. Classes are for all levels and abilities. Call Robbinsdale Parks and Recreation at 763-531-1278 to register.



Fridays, Sept 4-25; Oct 2-23; Oct 30-Nov 20

Fee: \$24/session

Location: Robbinsdale Police & Fire Bldg., 41st & Hubbard

TO YOUR HEALTH GYM WALK

The Crystal Community Center is available for walking depending on scheduled activities. **FREE!** Closed on September 7, November 11, 26, 27, December 24, 25.

Tuesdays/Fridays.....8:00 am- 2:00 pm

Wednesdays.....12:00- 2:00 pm



PICKLEBALL 55+

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court.

This is not a league...for all levels of play...come when you can...just drop in...with no advanced registration.

Equipment is provided for you to try the game. Gym shoes are required. For your convenience, purchase a punch card and save. One punch per time. No Pickleball on September 2, November 11 or 28.

Mondays and Thursdays.....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$2/time or \$1/time for Crystal Friendship members

\$10 for punch card with 10 punches for Crystal Friendship Center members

\$15 for punch card with 10 punches





Seasonal Activities



HOLIDAY LUNCHEON

Tuesday, December 1
12:00-1:30 pm



Enjoy a delicious catered holiday meal while being entertained by the talent and energy of Totino Grace's "Company of Singers." Holiday tunes and debut of their new show will be included in the program. Register by Wednesday, November 18, space permitting. Doors open at 11:30 am.

Location: Crystal Community Center
Fee: \$9 residents/Friendship Center Members
\$12 non-residents

HOLIDAY BAND CONCERT

Thursday, December 3
7:00- Refreshments
7:30-8:30 pm- Concert



Join us for this **FREE** concert with the Robbinsdale City Band under the direction of Mike Serber. Come and be entertained with traditional band music and holiday favorites. There is nothing like a sing-a-long to start off the holiday season.

Location: Crystal Community Center
Fee: FREE

HOLIDAY TEA

Monday, December 14
1:00-2:30 pm



Join us for a delightful afternoon with entertainment by the ladies singing group, "The Happy Notes," followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. Register by Wednesday, December 10 by calling 763-531-0052.

Location: Brookview Community Center, Golden Valley

Fee: \$9

ICE CREAM SOCIAL



(L-R) Pickleball Players: Sheila Borries, Wayne Moen, Karen Omtvedt enjoying DQ Dilly Bars!

THANK YOU COPPERFIELD HILL

CRYSTAL FROLICS SENIOR TOURNAMENT WINNERS

BILLIARDS– Terry Bricher

BRIDGE– Madeline Harrison &
Leon Reinarts

CRIBBAGE– Harvey Fischer

DOMINOES– Marlys Zinn

DUPLICATE BRIDGE-

SECTION A NS– Don Marystone & Bryce Mc Adam

SECTION A EW– Barb Ego & Dennis Kampa

SECTION B NS– Joan Mossey & Dorothy Doty

SECTION B EW– Phyllis Olsson & Mary Lynn Steele

SECTION C NS– Mary Ellen Kjos & Carrie Britt

SECTION C EW– Tom Shillock & Jenet Jacobson

500– Priscilla & John Tibbits

PICKLEBALL– Gordy Lane & Al Mattson

P*KER– Rose Mary Madden

WHIST– Lois Klefsaas & Ken Wall

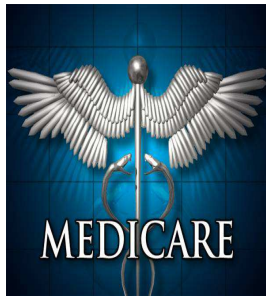
HAND AND FOOT– Debbie Smith

**THANK YOU!! CRYSTAL FROLICS SPONSOR-
CRYSTAL CARE CENTER**

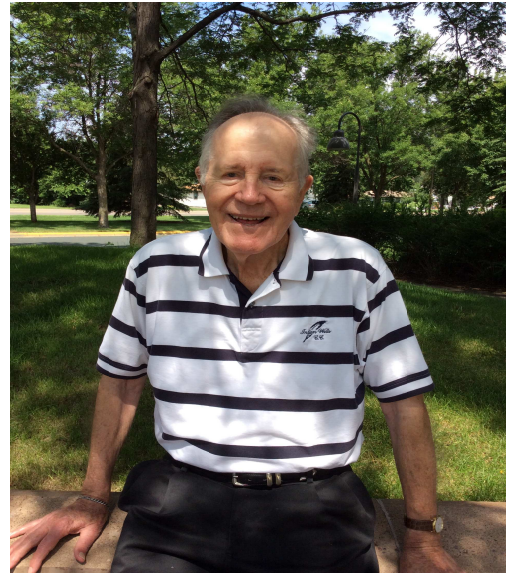


**MEDICARE
PRESENTATION
MONDAY, SEPTEMBER 28
10:00-11:00 AM
CRYSTAL COMMUNITY
CENTER**

Annual Election Period for Medicare supplements is soon! No matter which company you have for your supplement or Part D, consultants are available to answer your questions. Attend a presentation ON "What you don't know will cost you big money this year!" Medicare is changing and this is a great opportunity to gather NEW information for 2016. Refreshments will be served. Register for this FREE presentation by calling 763-531-0052. Deadline is Wednesday, September 23.



HAPPY 90TH BIRTHDAY, BRYCE MC ADAM!



SENIOR COMMUNITY RESOURCES

District #281 Community Education - 763-504-6990

Dinner At Your Door- 763-531-1183

Senior Dining - 763-531-1183

HOME Northwest—952-746-4046

SENIOR DINING (Age 60+)

Senior nutritional meals are served Monday-Friday at the Crystal Community Center at 12:00 pm. Reserve your lunch by calling three days in advance at 763-531-1183. Call a friend to join you for a great meal at a reasonable cost of \$4.00, payable the day of senior dining.



**CRYSTAL FRIENDSHIP CENTER
4800 DOUGLAS DRIVE NORTH
CRYSTAL, MN 55429**

